

# DAY 7

# TIME CAPSULE



# company

Today's challenge is from Company Three. Company Three believe that teenagers should be better understood, listened to and celebrated, and make plays that help young people tell their own stories and make their own change. Today's challenge asks who are you, right this second?

## Do

Make a video, or a series of photos, or drawings to capture yourself in time, right now. You could include:

Your name

Your exact age (to the second!)

Your hair (colour, length, style)

The amount of time you've spent in lockdown

Your primary lockdown habitat, diet, sleeping habits and any skills you've acquired.

Keep your time capsule safe - can you make a reminder to look at it in a month, a year, in 10 years...?

## If you have more time...

Do you know, or work with any teenagers? Company Three have started a Coronavirus Time Capsule free project for community groups who have closed because of COVID-19. Check it out at [companythreeco.uk](http://companythreeco.uk).

## Think

What do you think will be your lasting memory from this time?

Have you developed any positive habits that you would like to keep?

## Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



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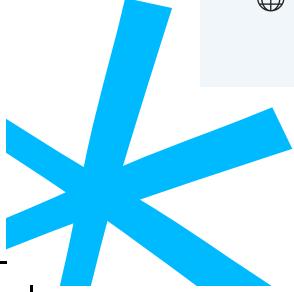
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[www.companythree.co.uk](http://www.companythree.co.uk)

## Resources

A camera or smart phone, or something to draw/create with!



# CREATE CONNECT

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